## News from the Wyoming Department of Health

Tuesday, November 14, 2006

## **Department of Health Helps Wyoming Smokers Quit**

As the American Cancer Society celebrates its annual õGreat American Smokeoutö Thursday (November 16), Wyoming Department of Health officials are reminding Wyoming smokers who want to quit that help is available.

õMost people realize smoking is unhealthy for both themselves and for those around them,ö said Dr. Brent Sherard, Wyoming Department of Health director. õMost people who smoke know they really should stop, and I want them to know we will help them do it.ö

The Wyoming Quit Tobacco Program, which is part of the department Substance Abuse Division, offers free or low-cost cessation medications and supportive services such as counseling to help smokers quit. Smokers can either call 1-800-QUIT-NOW or log on to <a href="http://wy.quitnet.com">http://wy.quitnet.com</a> to enroll in the program.

õThrough either the phone line or web site, tobacco users who want to stop can find help tailored to their personal needs,ö said George Pitt, tobacco prevention and control coordinator for the Wyoming Department of Health. õWhile the smokeout offers a great opportunity to get started, both options are available all day, every day of the year.ö

Pitt said the program has proven to be effective. õAbout half of enrollees report they are still not using tobacco after six months, and 80 percent say they would recommend the program to other tobacco users.ö

To strengthen the telephone-based segment of the program, Pitt said the department began using services provided by the American Cancer Society in July. The programøs phone line numbers were changed to 1-800-QUIT-NOW at that point. Funds appropriated by the Wyoming Legislature support the Wyoming Quit Tobacco Program.

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